PSHE Definitions

Year 4	Word	Definition
Being me in my world	teamwork	The ability a group of people have to worl well together
	citizen	A person who lives in a particular place,a member of the community
	rights	Things that one is morally entitled to do or have
	responsibilities	To act independently and take decisions on your own
	democracy	The belief in freedom and equality between people
	rewards	An advantage someone receives if they are successful, work hard
	consequences	The outcome of an event especially in relation to an individual
	decisions	A choice made after thinking about several possibilities
	motivation	Enthusiasm and willingness for doing something
	behaviour	The way in which a person conducts themselves
	community	A sense of fellowship in a particular area
	values	Standards of behaviour, one's judgment of what's important in life
Celebrating differences	challenges	Something difficult which requires great effort and determination
	assumptions	Accepting as true without question or proof
	judging	To express of form an opinion or conclusion about
	acceptance	To accept people or situations that you approve of or believe in
	understanding	The condition of someone who knows and comprehends
	influences	To have an effect on people, their character, development
	bullying	The act of intimidating a weaker person to do something
	problem-solving	The thought process of solving problems
	special	Unique or specific to a person or category
	unique	Exclusively , being the only one of its kind, special

	change	Becoming different or making something different
	opinion	A thought or belief about someone or something
Dreams and goals	hopes	Feeling that some desire will be fulfilled, be optimistic
	dreams	A cherished desire
	goals	The aim and objective to achieve and attain
	realistic	Awareness or representing what is possible
	achievement	An accomplishment, achieving an aim
	obstacles	Something that stands in the way, hinders progress
	disappointment	Feeling of dissatisfaction when expectations are not realized
	overcome	Deal with successfully, get on top of
	resilient	To be able to withstand or recover quickly from
	positive	A desirable or constructive quality
	attitude	A complex mental state involving beliefs and feelings
Healthy me	healthy	In good health, physically and mentally
	friendships	A relationship between friends , a natural fellowship between people
	groups	A number of people that are put together as a unit
	dynamic	Process that produce a change inside a group
	smoking	The act of smoking tobacco or other substances
	alcohol	A liquid produced such as beer, wine etc that can make people drunk
	assertiveness	Quality of being confident and say what you believe
	peer pressure	Influence of a group to behave as everyone else does
	resisting	Refrain from doing
	anxiety	An uncomfortable feeling of worry or nervousness about something
Relationships	jealousy	An unpleasant emotion, feelings of envy
	love	A strong postie emotion of regard and affection
	loss	The act of losing someone or something
	memories	Something that you remember from the past
	girlfriends	A young woman with whom a man is romantically involved
	boyfriends	A young man with whom a woman is romantically involved

	appreciation	Understanding that something is of value , important or as described
	empathy	The ability to identify with anothers feelings
Changing me	changes	The process of changing physically and developing mentally
	puberty	The stage in life where you develop from a child into an adult, changes in the body
	environmental change	Relating to the external conditions or surroundings